



*Please feel free to share this message with your families and staff*



**REMINDER: K-12 Sector Telebriefing on COVID-19 in San Diego County |Tuesdays 10:00am – 11:00am**

- **Special guest speaker on mental health for the April 21<sup>st</sup> call!**
- **Submit your questions ahead of time [here](#)** which will be answered by public health officials and guest speakers during the call.
- **Computer (*preferred*):** Click on the following link <https://zoom.us/j/516756508> using your computer. Meeting ID: 516 756 508.
- **Option 2- Phone (*listen-in only*):** Call into the meeting using this number: 1 (669) 900-6833 or 1 (346) 248-7799. Meeting ID: 516 756 508.
- For additional questions and resources, please email: [COVID-Education@sdcounty.ca.gov](mailto:COVID-Education@sdcounty.ca.gov)

**NEW RESOURCES**



**Reporting Abuse During COVID-19 ([click here](#))**

- Thank you for helping to keep kids safe! Kids need school staff to continue reporting suspected abuse during the COVID-19 crisis
- Child Protective Services Abuse Hotline available 24/7: **1-800-344-6000**



**COVID-19 School Resource Flyer (English & Spanish)**

- [Click here](#) if you would like to share printed copies of the flyer (example: including a flyer with school meals)
- [Click here](#) if you would like to share via email or on your website.



**Free Virtual Tutoring for K-12 students!**

- [Click here](#) to register (English & Spanish)
- Tutoring provided by UC San Diego student volunteers
- Open to all K-12 students with priority to students attending a Title I school
- Tutoring sessions every Tuesday and Friday from 5pm – 7pm, April 14 – May 22<sup>nd</sup>
- For more information contact [hdhwellness@ucsd.edu](mailto:hdhwellness@ucsd.edu)



**Every Kid Healthy Week: April 20 – 24 ([Click here](#))**

- Each day of the week, Action for Healthy Kids will be posting activity ideas on their social media channels in addition to those found on their website.
- Mark your calendars for the series of 10-minute [Facebook](#) Live videos presented by experts!



## Facial Coverings

- Submit a photo [here](#) to show us why you #StayHomeSD to keep San Diegans healthy!
- [Cloth face coverings](#) are strongly recommended for the general public, but there is no legal mandate for the general public at this time. Cloth face coverings are distinct and different from medical masks; they are not medical grade.
- [DIY Face Coverings](#)



## Upcoming Webinars

- [Click here](#) “How Collective Trauma, Self-Care and COVID-19 Varies Across Communities” Friday April 17 1pm -2pm presented by JFS Breaking Down Barriers team
- [Click here](#) “Supporting You Supporting Students: Tools for the Challenging Times” 3 part webinar series (April 23<sup>rd</sup> part 3) 1pm – 2:30pm
- [Click here](#) Kaiser Permanente Thriving Schools: **Caring for the Education Community Webinar Series**



## Employment Resources for Families

- [Job Resources During Covid19.docx](#)
- **San Diego Workforce Partnership** is offering webinars for affected workers every Monday, Wednesday and Friday at 10 a.m. For more information on this, and about unemployment insurance, disability benefits, and paid family leave you can visit [www.workforce.org/covid-19](http://www.workforce.org/covid-19).



## Update on Housing

- San Diego County has placed a [moratorium](#) on all evictions of residential and commercial renters in the unincorporated areas who have seen their income reduced or been otherwise substantially economically harmed by the COVID-19 pandemic, which will last until May 31.
- Even with the moratorium in place, affected residents will still be required to pay back the rent owed at a later date if they miss a payment.
- [Legal Aid Society of San Diego](#) has resources to help on a variety of topics including housing.



## Resources for Immigrants & Refugees

- [USCIS Response to COVID-19](#)
- [San Diego Rapid Response Network](#) Emergency Hotline: 619-563-0823
- [San Diego Immigrant Rights Consortium](#)
- [SDIRC Immigrant Relief Fund](#): Provides grants of up to \$500 to immigrants in San Diego County who have lost all or part of their income due to the coronavirus pandemic, along with other emergencies that may arise in the future.



## Mental Health

- San Diego County Suicide Prevention Council COVID-19 Resources ([click here](#))
- Free Mindfulness Resources ([click here](#)): daily streams and recordings of mindfulness and compassion sessions to provide resources and online support to those affected
- Article: How Teachers Can Navigate Difficult Emotions During School Closures ([click here](#))



## Support for Families

- [Food Resources in San Diego County](#)
- [2020 Census](#): Counting Young Children ([Click here](#))
- [The Parent institute for Quality Education \(PIQE\)](#) provides empowering information, skills development and support systems for low-income families, communities of color, English Language Learner and immigrant families. Checkout their [COVID-19 online resources in English and Spanish](#).

- Take Care of Your Teeth Too! [Click here](#) for oral hygiene recommendations during COVID-19 pandemic.



## Distance Learning

- [Learning at Home Bingo](#) Launches this Weekend [Click here](#) (SDCOE and *The San Diego Union-Tribune* online and in print)
- [National University](#) is offering three months of free online classes to all California college and high school students impacted by COVID-19.
- [Distance Learning Handout](#) (English & Spanish) Credit: The O'Farrell Charter School
- Experience Cuyamaca Outdoor School at home: Visit the [COS Facebook page](#) or their [YouTube playlist](#).
- [National Geographic at-home education](#): quizzes, videos, science experiments, and even at-home classroom resources
- Dairy Council of California: [Nutrition Education K-12](#)

## ONGOING RESOURCES



### [WWW.CORONAVIRUS-SD.COM](http://WWW.CORONAVIRUS-SD.COM)

- [Click here](#) to view college & university updates and resources.
- [Click here](#) to view mental health resources for families, parents and caregivers (English/Spanish)



### [211 San Diego](#)

- Call **2-1-1** for general questions about COVID-19 or for information about community resources.
- [2-1-1 San Diego Flyer](#) (English & Spanish)



### [Live Well @ Home](#)

- Live Well @ Home is a free resource to help community residents find tips and strategies to stay healthy in both mind and body while staying at home.
- **Join the Live Well @ Home Challenge for the month of April** to help you stay fit and socially connected! follow [Live Well San Diego](#) or join us on [Facebook](#), [Twitter](#) or [Instagram](#) where we will be posting the daily challenges.



Text **COSD COVID19** to **468-311** to get text alert updates.

